

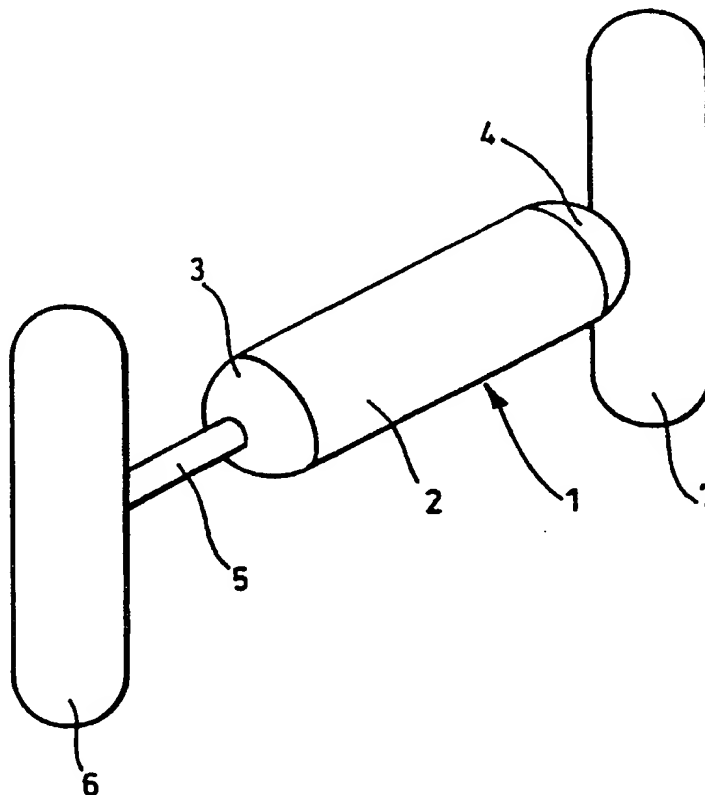


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(54) Title: EXERCISER**(57) Abstract**

An exerciser comprising an elongate body (1) and a resistive mechanism contained within the elongate body (1), the resistive mechanism containing a spring or a pneumatic or hydraulic cylinder and arranged to oppose the insertion of one or more handles (6, 7) into the elongate body (1). The handles (6, 7) are aligned along the axis of the elongate body (1) and at opposing ends. The exerciser is operated by the user forcing the handles (6, 7) towards each other.



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